

Pizza Soup

This recipe makes about 28 cups



Ingredients

16 oz of sliced mushrooms
3 small zucchini
2 yellow onions
2 bell peppers
4- 15 oz cans diced fire roasted tomatoes
2-15 oz cans tomato sauce
4-15 oz cans great northern beans
2 tsp garlic powder
2 tsp basil
1 tsp red pepper flakes
1 ½ tbsp oregano
salt and pepper to taste

Directions:

1. Clean and dice the onion, zucchini, and bell peppers
2. In a large stockpot, add 2-4 tablespoons of water or vegetable broth over medium heat
3. Stir in the diced peppers, onions, zucchini, and mushrooms. Cook, stirring occasionally, until the onions become translucent and the vegetables soften
4. Add the diced fire-roasted tomatoes (with their juices) and the tomato sauce
5. Rinse and drain the beans and add them to the pot
6. Stir in the garlic powder, basil, red pepper flakes, and oregano
7. Mix well to combine all the flavors
8. Cover the pot and bring the mixture to a boil
9. Once boiling, reduce the heat and let it simmer on low for about 10 minutes
10. Add parchment paper or silicone to your trays
11. Pour soup onto your trays
12. Add dividers if using. We like the 10-portion setting
13. Pre Freeze when possible
14. Freeze dry (my cycle time was 37 hours)
15. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried pizza soup to a bowl along with about 1 cup of boiling water. Cover for 5 minutes. Stir and enjoy.

Notes:

You could add ground beef or sausage to the recipe if you like.

Nutritional Value Per 2 divider portions or about 1 ½ cups

Calories 92 Carbohydrates 17 g Protein 5 g Fat 0.5 g Sugar 4 g Fiber 4 g